593 servants is set aside at the expense of the tara-
342 vad to entertain these men when they visit their wives, sometimes for two or three days at a time.

351 The buildings and courtyard are surrounded
515 by a shady garden of coconut, jackfruit, cashew
[343] nut and mango trees. Chiefs and village headmen have a private bathing pool with stone steps running round it in their own garden; retainer [56] Nayars more often bathe in the large public bathing pools attached to the temples and reserved for "clean" castes of the village. Men and women bathe and swim daily in public clad in a loin-cloth, on opposite sides of the pool.
[526] Both boys and girls become excellent swimmers and divers almost as soon as they can walk.

351 In the southeast corner of the garden is an
[764] open space set aside as the group's cremation
[778] ground, while at another corner is a dense shrubbery devoted to the snake-gods of the group, in which small stone images of cobras are set up.

421 The property-group was traditionally a cor-
592 porate group in other sense than those in which
672 this term applied to the lineage. Whereas the lineage was held responsible in cases of offence against religious law (sins, or crimes against the village community), the property-group was responsible in cases of debt or theft (torts). The headman, on behalf of the group, must make restitution for such offences from the group's jointly owned funds. In addition, as representative of the group in the assembly, he must pay annual dues to the temple funds. Through its headman, the group also acted as a single legal personality in the payment of wages to its

875
526 The month Karkkatakam, when the Malayalis say
827 "the body is cool," is the time when, according to
564 custom, the Nâyar youths practise physical exercises.
553 At Payôli in North Malabar, when I was there in August 1895, the local instructor of athletics was a Paravan, a mason by caste. As he had the adjunct 'Kurup' to his name it took some time to discover the fact. Teachers
875 of his ilk are invariably of the Paravan caste, and when
526 they are believed to be properly accomplished they are
564 given the honorific 'Kurup.' So carefully are things regulated that no other person was permitted to teach athletics within the amshom (a local area, a small
844 county): and his women folk had privileges, they only being the midwives who could attend on the Nâyar women of the amshom. His fee for a course of exercises for the month was ten rupees. He and some of his pupils gave an exhibition of their quality.

526

Besides bodily contortions and somersaults (practised in a long low-roofed shed having a sandy floor) there is play with the following instruments:—"Waṭṭa" (as in the illustration) "cheruvadi," a short stick, and a stick like a quarter staff called a sarîravadi—"stick the length of one's body." The waṭṭa is held in the right hand as a dagger; it is used to stab or strike and, in some ingenious way turn over an opponent. The total length of the waṭṭa is two feet, and of the cheruvadi about three feet. The latter is squared at the ends and is but a short staff.

It is held in the right hand a few inches from the end, and is used for striking and guarding only. The sarîravadi is held at or near one end by one or by both hands; the distance between the hands is altered constantly, and so is the end of the stick, which is grasped now by one now by another end by either hand as occasion may require; sometimes it is grasped in the middle. The performance with these simple things was astonishing. I should say the waṭṭa and the cheruvadi represented swords, or rather that they were used for initiation or practice in swordmanship when the Nâyars were the

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military element in Malabar. The opponents who faced each other with the sariravadi or quarter staff, stood 30 feet apart, and, as if under the same stimulus, each kicked one leg high in the air, a la cancan, gave several lively bounds in the air, held their staff horizontally in front with outstretched arms, came down *slowly* on the haunches, placed the staff on the ground, bent over and touched it with the forehead. With a sudden bound they were again on their feet, and after some preliminary pirouetting went for each other tooth and nail. 526

The sword play which one sees during festive ceremonies, a marriage or the like, done by the hereditary retainers who fight imaginary foes and destroy and vanquish opponents with much contortion of body, always indulge in much of this preliminary overture to their performance. There is always, by way of preliminary, a high kick in the air, followed by squatting on the haunches, bounding high, turning, twisting, pirouetting, and all the time swinging the sword unceasingly. above, below, behind the back, under the arm or legs—in ever so many impossible ways.

Nâyar swords and shields are figured in the illustration. The shields are made of wood covered with leather, usually coloured bright red. Within the boss are some hard seeds, or metal balls loose in a small space, so that there is a jingling sound like that of the small bells on the ankles of the dancer, when the shield is oscillated or shaken in the hand. The swords are those which were used ordinarily for fighting. There are also swords of many patterns for processional and other purposes, more or less ornamented about the handle and half way up the blade; but the one which is figured will suffice to show what the Nâyar fighting sword was like. The smaller shields are now used in play. 714 411 [531]

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796 festival, about the time when the first crop of paddy is [132] harvested. As a rule the Ônam season is one of bright sunshine following the almost continuous rain of June, July and August.

● 526 I once witnessed a very interesting game called êitû 796 (êiththu), played by the Nâyars in the Southern portion [184] of Kurumbranâd during the ten days preceding Ônam. Curiously, the locality and the period are, so to speak, fixed. There is a semi-circular stop-butt, about two feet in the highest part, the centre, and sloping to the ground at each side. The players stand 25 to 30 yards before the concave side of it, one side of the players to the right, the other to the left. There is no restriction of numbers as to "sides." Each player is armed with a little bow made of bamboo about 18 inches in length, and arrows or what answer for arrows, these being no more than pieces of the midrib of the cocoanut palm leaf, roughly broken off, leaving a little bit of the leaf at one end to take the place of the feather. In the centre of the stop-butt, on the ground, is placed the target, a piece of the heart of the plantain tree, about 3 inches in diameter, pointed at the top, in which is stuck a small stick convenient for lifting the "cheppu" as the mark which is the immediate objective of the players is called. They shoot indiscriminately at the mark, and he who hits it (the little arrows shoot straight and stick in readily) carries of all the arrows lying on the ground. Each "side" strives to secure all the arrows and to deprive the other side of theirs. A sort of "beggar my neighbour." He who hits the mark *last* takes all the arrows; that is, he who hits it, and runs and touches the mark before any one else hits it. As I stood watching, it happened several times that as many as four arrows hit the mark, while the youth who had hit it first was running the 25 yards to touch the "cheppu." Before he could touch it, as many as four other arrows had struck it; and, of course, he who hit it last and touched the mark secured all the arrows for his side. The game is accompanied by much shouting, gesticulation, and laughter. Those returning after securing a large number of arrows turned somersaults, and in saltatory motions expressed their joy.

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In the south-east of Malabar, in the neighbourhood of Palghat, the Ônam games are of a rougher character, the tenants of certain jenmis (landlords) turning out each under their own leader, and engaging in sham fights in which there is much rough play. Here, too, is to be seen a kind of boxing which would seem to be a relic of the days of the Roman pugiles using the cestus in combat. The position taken up by the combatants is much the same as that of the pugiles. The Romans were familiar with Malabar from about 30 B.C. to the decline of their power. We may safely assume that the "3,000 lbs. of pepper" which Alarie demanded as part of the ransom of Rome when he besieged the city in the fifth century, came from Malabar.*

Before ending this very incomplete account of customs of the Nâyars, mention must be made of two more of these, both odd. Ever since Châraman Perumal departed from the west coast of India in A.D. 825, setting sail for Arabia and Mecca, having divided up his kingdom, His Highness the Maharajah of Travancore when ascending his throne says: "I ascend the musnud, and will rule until my uncle returns." The "uncle" is Châraman Perumal, the last sovereign of the west coast, who, having embraced the Muhammadan religion which was brought to his shores by Arab traders, proceeded to carry out a wild idea—so goes the legend—of receiving instruction from the Prophet himself! He never returned. To one princeling was given the territory now known as Travancore, and his surviving successor (through the female line of course) is the present Maharajah of Travancore. To another he gave Cochin, the ruler of which State also inherits through the female line. To the ancestor of the Zamorin of Calicut the Perumal gave no territory, as to the others, but he gave him his sword (it is still in existence) with the advice "to die and kill and annex." That he annexed is quite clear, as he was the sovereign not only of Calicut but of the country round about when modern Europeans first visited the west coast of India. Like the Maharajah of Travancore, the Zamorin repeats the formula that he rules until his uncle returns, but in his case it forms part of an elaborate and costly ceremony. The fort, which was the official residence of the Zamorin,

* See Madras Government Museum Catalogue No. 2, Roman Coins, by Mr. Edgar Thurston, Superintendent of the Museum.

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"Immediately the day dawns the heads of the families give to almost all the junior members and servants of the household and to wives and children, money-presents varying from 4 as. to a rupee or two. Children preserve these presents to serve as their pocket money. In the more numerically large families similar presents are also made by the heads of particular branches of the same family to their juniors, children, wives and servants. These presents are intended to be the forerunners of incomes to them more splendid all the year round.

"But one other item connected with the festival deserves mention. On the evening of the previous day, about four or five o'clock most well-to-do families distribute paddy or rice, as the case may be, in varying quantities with some other accessories to the family-workmen, whether they live on the family-estates or not. In return for this, these labourers bring with them for presentation the fruits of their own labours such as vegetables of divers sorts, cocoanut oil, jaggery, plantains, pumpkins, cucumbers, brinjals, &c., in ways such as their respective circumstances might permit.

"With the close of the noon-meal the festival practically concludes, and nothing remains of it for the next day or for the same evening, for that matter. In some families after the noon-meals are over, dancing and games of various kinds are carried on, which contribute to the enhancement of the pleasantries incidental to the festival. As on other prominent occasions, card-playing and other games are also resorted to."

"THE THIRUVATHÎRA FESTIVAL.

"Thiruvathira is one of the three great national occasions of Malabar. It generally comes off in the Malayalam month of Dhanu (December or January) on the day called the Thiruvathira day. It is essentially a festival in which females are almost exclusively concerned and lasts for but a single day. The popular conception of it is that it is in commemoration of the death of Kamadevan, the Cupid of our national mythology. As recorded in the old Puranas, Kamadevan was destroyed in the burning fire of the third eye of Siva, one of the chief members of our Divine Trinity. Hence he is now supposed as having only an ideal or rather spiritual existence, and thus he exerts a powerful influence upon the lower passions of human nature. The memory of this unhappy tragedy is still kept alive amongst us, particularly the female section, by means of the annual celebration of this important festival. About a week before the day, the festival practically opens. At about 4 in the morning every young female member of Nair families with pretensions to decency, gets out of her bed and takes her bath in a tank. Usually, a fairly large number of these young ladies collect themselves in

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796 the tank for the purpose. Then all or almost all of these plunge
533 in the water and begin to take part in the singing that is pre-
[515] sently to follow. One of these then leads off by means of a peculiar rhythmic song chiefly pertaining to Cupid. This singing is simultaneously accompanied by a curious sound produced with her hand on the water. The palm of the left hand is closed and kept immediately underneath the surface of the water. Then the palm of the other is forcibly brought down in a slanting direction and struck against its surface. So that the water is completely ruffled and is splashed in all directions producing a loud deep noise. This process is continuously prolonged together with the singing. One stanza is now over along with the sound and then the leader stops a while for the others to follow her in her wake. This being likewise over, she caps her first stanza, with another at the same time beating on the water and so on until the conclusion of the song. Then all of them make a long pause and then begin another. The process goes on until the peep of dawn when they rub themselves dry and come home to dress themselves in the neatest and grandest possible attire. They also darken the fringes of their eyelids with a sticky preparation of soot mixed up with a little oil or ghee; and sometimes with a superficial coating of antimony powder. They also wear white, black, or red marks lower down the middle of their foreheads close to the part where the two eyebrows near one another. They also chew betel and thus redden their mouths
[526] and lips. Then they proceed to the enjoyment of another prominent item of pleasure, viz., swinging to and fro, on what is usually known as an Uzhinjal.*

796 "On the festival day after the morning bath is over, they
264 take a light meal and in the noon the family-dinner is voraciously
262 attacked; the essential and almost universal ingredients of which being ordinary ripe plantain fruits and a delicious preparation
[538] of arrow-root powder purified and mixed with jaggery or sugar and also cocoanut. Then till evening dancing and merry-making are ceaselessly indulged in.

796 "The husband population are inexcusably required to be
[586] present in the wives' houses before evening as they are bound to do on the Onam and Vishu occasions; failure to do which is looked upon as a step or rather the first step on the part of the defaulting husband towards a final separation or divorce from the
[132] wife. Despite the rigour of the bleak December season during
[515] which commonly the festival falls, heightened inevitably by the constant blowing of the cold east wind upon their moistened frames, these lusty maidens derive considerable pleasure from their early baths and their frolics in water. The biting cold of

* A swing made of bamboo.

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764 [564] soon as death has taken place in a house, and on his arrival undertakes the general management of the ceremonies.

After the corpse is tied and laid on the plantain leaves, a ceremony called *Para Nirathuka* takes place. (*Para* is a measure of paddy, and *Nirathuka* means to place in line.) A coconut-oil lamp is lit and placed at the head of the corpse and immediately in front of it are placed three *paras* of rice. The significance of this ceremony is unknown to me.

766 *Ceremonies of Cremation.*—If the deceased is the eldest of a family the body is now cremated. A pyre is made of mango wood, and the corpse is placed with its head towards the south (the god of death, according to the Hindu mythology, resides in the south), and then covered with fuel. The nephew or younger brother lights the fire. Then all the members of the family and all others who have been polluted by contact with them go and bathe in the tank. During the process of burning there is a process called *Kumba pradikshanam*—which is manifestly an Aryan custom (*Kumbham* and *Pradikshanam* are two Sanskrit words: the first means a pot, and the second means to walk round). The ceremony, as its name implies, consists of walking round the pyre with a pitcher, the bottom of which is pierced. One of the family fills this pitcher with water and carries it three times round the burning corpse, dashing it on the ground at the end.

765 Two or three members of the family continue to perform funeral rites for the next fourteen days. As I have not taken part in it I do not possess first-hand knowledge.

765 783 [564] For all the fourteen days, all the members of the family are under pollution. The pollution, in the case of death, is very strong. All the members of the family are untouchable, and any Nāyar who touches them must purify himself by a bath. On the fourteenth day is the purificatory ceremony. The *Mārān* comes in the morning and gives everyone some oil. After smearing the body with these everyone goes and bathes, and comes back clad in white. The *Mārān* then sprinkles holy water, and a Brahmin priest purifies the house. There is generally a big feast for two days.

765 526 The feast on the fifteenth day is accompanied by some sports. All the men of the neighbouring villages come for it, and there is great *tamasha*. How far this could be identified with funeral sports elsewhere it is hard to say.

785 782 765 [529] After these feastings one of the family undertakes a *Diksha* (which means a vow) for forty-one[1] days or a whole year. During this time, the man who undertakes the *Diksha* lives apart with a Brahmin. He is not allowed to talk to or see a woman. He must not cut his hair or his nails. He must bathe twice a day in the river, or in the tank, and lead a pure and pious life. If it is only for forty-one days, there is not much feasting at the end of it. If it goes on for a full year, there is a huge celebration,

[1] All ordinary vows are taken for forty-one days. If you want to placate a deity you pray to him for forty-one days. If you want to make a big sacrifice it extends to forty-one days, etc.

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only training was the training of the memory, and the learned pedagogue never bestowed a thought on cultivating the thinking powers or the originality of his pupils. But this type of school and school-master is fast disappearing under the modern regime of elementary schools.

Next in importance to the school-master is the Kaniyan, an indispensable factor in the affairs and ceremonies of the village.[1]

Then come the artisan classes whose services are necessary in the construction of houses, and the making of implements of agriculture. They were paid for their work either in kind or in coin.

The other men of importance in the village economic life were the physician, the village washerman, and the village barber. The village physician was a man of parts; for, not only did he tend the sick and the ailing, but also cast out devils from persons possessed, and with the aid of well prepared charms guarded them from the effects of the evil eye. The village washermen were of the Veluthédan and the Mannán caste. The services of the former were always requisitioned when people wished to become free from pollution, an act the omission of which leads to outcasting.

The village barber is another indispensable factor in the village ceremony and is employed for the shaving before all ceremonies. His privileges cannot be encroached upon by his own caste-men from other villages.

The village organisation above described is preserved to a certain extent even now and most probably the Kaniyan's profession will survive all other relics of Hindu institutions, as his services are considered to be of essential importance in matters of every day life.

Village pastimes.

The ordinary games pursued by the young men of the village are the foot-ball matches, *Attakalam*, *Kayyámkali*, and *Kaikottikkali* (a favourite circular dance of the women), *Uzhinjúl* and others, while cards and chess are common enough on festive occasions. Cock-fighting is an interesting pastime among the lower classes.

The most important of the village pastimes are the dramatic performances, a description of which is given in the following pages. The drama in Malabar sprang into being in

1. Vide my account of the Kaniyans, Vol. I, Chap. XI, pages 190-93.

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Another peculiar feature of this festival is that all the male and female members of the family sit apart at meals. By mid-day the principal meal is over, and each goes dressed in fine attire now, seeks the amusement most congenial to him. Field-games, such as hand-ball or rounders, personal combats, games of chess, dice, and cards, dancing by females, and music parties constitute the leading forms of enjoyment from morning until evening.

Hand-ball matches.—A small stick is planted at a fixed spot, and the young men divide themselves into two rival parties. A member of one party stands at the post, while the others stand away from it. The ball which is usually made of coir rope is thrown by a member of one of the opposing party, and on its being struck by the man at the post, the others attempt to catch it before the bounce or stop its onward career. If the ball hits the post, or if any member of the opposing party catches the ball before it has touched the ground, that player's turn is over. Another man takes his place and so on, until all the members of one party have had their turn. Then the rival section begins to play exactly in the same manner and under the same rules as before.

Combats are of two kinds, namely, those between single adversaries, and those held in batches. In the first, the people of one locality divide themselves into two parties. When the match is opened, the leader of one group brings forward a trained pugilist who goes into the intervening open space, between the two groups, challenging any one from the opposite camp to meet him in fair fight. A little while after, some one from the other party takes up the challenge, and then the combat begins. The victor is rewarded with presents of cloths and money by the rich and generous members of the community assembled there. The same process is continued till the close of the day. In Palghat the *Onam* games are of a rougher character; the tenants of certain landlords turn out each under their own leader and engage in sham fights in which there is much rough play.

There is also another amusement, in which a peculiar bow, formed of a strong and slightly elastic wood with a split bamboo finely polished for the string, is used. By means of a

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796 stick, it is possible to produce a kind of musical tone, for [534] which a party is organised to play on it. This entertainment is much admired, and interests the people very much.

(2). *Tiruvâtira* :—This is another important national festival, which falls on the *Tiruvâtira* day in Dhanu (December-[776] January). This concerns the Nayar women, and is said to commemorate the death of *Kâma Dêva*, the cupid of Indian mythology, by the burning fire of the third eye of the God [533] Siva. Before day-break the festive day, the young women of the Nayar families hasten to the nearest tank or river for bathing, and during the bath, they amuse themselves with *Tiruvâtira pâttu*, songs accompanied by regular splashing of water, supposed to be symbolical of beating of the breast, on account of their grief for Kama's death. At day-break, they return home, and, gaily dressed and adorned, they [526] go to the nearest temple for worship. After a slight breakfast, they proceed to enjoy the *Uzhinjal* (a swinging apparatus made of bamboo and attached to a horizontal branch of a tree). [264] Immense pleasure is taken in this game. The family dinner [262] is at noon, when bananas, sliced and fried in cocoanut-oil, [431] seasoned with salt, are freely distributed among the friends and relatives assembled there. Ripe plantains, and the sweet pre-[263] paration of arrow-root flour purified and seasoned with jaggery or sugar and cocoanuts, also form one of the chief items of the feast.

[804] (3). *Vishu* :—Next in importance to the two great national festivals just described, comes *Vishu* on the first of Medam [777] (March-April), which is the astronomical new year's day; and a man's prosperity during the year is believed to depend on his seeing some good and lucky thing on the *Vishu* morning. It is the custom to prepare on the night previous, what is known as *Kani*. A bell-metal vessel (*uruli*) is taken, and in it are arranged a *grantha* or cadjan manuscript, a gold ornament, a new washed cloth, some flowers of the *konna* tree (Cassia fistula), some coins in a silver cup, a cocoanut cut into two, a cucumber, some mangoes, and a jack-fruit. On either side of the vessel, are also placed two lamps burning, while there is a plank of wood or some other seat placed in front of it. These are placed in the chief room inside the house, and in the morning, the members of the family, one by one, are taken to the

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early in the morning to gather flowers, of which the kadali is the most important. On their return, they sit in front of the tulasi (sacred basil) mandapam, make a carpet-like bed of the blossoms which they have collected, and place a clay image of Ganapati in the centre. A writer in the Calcutta Review * describes how having set out at dawn to gather blossoms, the children return with their beautiful spoils by 9 or 10 A.M., and then the daily decoration begins. The chief decoration consists of a carpet made out of the gathered blossoms, the smaller ones being used in their entirety, while the large flowers, and one or two varieties of foliage of different tints, are pinched up into little pieces to serve the decorator's purpose. This flower carpet is invariably made in the centre of the clean strip of yard in front of the neat house. Often it is a beautiful work of art, accomplished with a delicate touch and a highly artistic sense of tone and blending. The carpet completed, a miniature pandal (booth), hung with little festoons, is erected over it, and at all hours of the day neighbours look in, to admire and criticise the beautiful handiwork."

"Various field sports, of which foot-ball is the chief, are indulged in during the Ônam festival. To quote Paulinus once more, the men, particularly those who are young, form themselves into parties, and shoot at each other with arrows. These arrows are blunted, but exceedingly strong, and are discharged with such force that a considerable number are generally wounded on both sides. These games have a great likeness to the Ceralia and Juvenalia of the ancient Greeks and Romans."

* January, 1899.

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526 In connection with bows and arrows, Mr. Fawcett writes that "I once witnessed a very interesting game called ĕitū (ĕiththu), played by the Nāyars in the southern portion of Kurumbranād during the ten days preceding Ōnam. There is a semi-circular stop-butt, about two feet in the highest part, the centre, and sloping to the ground at each side. The players stand 25 to 30 yards before the concave side of it, one side of the players to the right, the other to the left. There is no restriction of numbers as to sides. Each player is armed with a little bow made of bamboo, about 18 inches in length, and arrows, or what answer for arrows, these being no more than pieces of the midrib of the cocoanut palm leaf, roughly broken off, leaving a little bit of the end to take the place of the feather. In the centre of the stop-butt, on the ground, is placed the target, a piece of the heart of the plantain tree, about 3 inches in diameter, pointed at the top, in which is stuck a small stick convenient for lifting the cheppu, as the mark which is the immediate objective of the players is called. They shoot indiscriminately at the mark, and he who hits it (the little arrows shoot straight, and stick in readily) carries off all the arrows lying on the ground. Each side strives to secure all the arrows, and to deprive the other side of theirs—a sort of 'beggar my neighbour.' He who hits the mark last takes all the arrows; that is, he who hits it, and runs and touches the mark before any one else hits it. As I stood watching, it happened several times that as many as four arrows hit the mark, while the youth who had hit first was running the 25 yards to touch the cheppu. Before he could touch it, as many as four other arrows had struck it, and, of course, he who hit it last and touched the mark secured all the arrows for his side. The game is accompanied by much

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shouting, gesticulation and laughter. Those returning, after securing a large number of arrows, turned somersaults, and expressed their joy in saltatory motions." In a note on this game with bows and arrows in Kurumbranad, Mr. E. F. Thomas writes that "the players form themselves into two sides, which shoot alternately at the mark. Beside the mark stand representatives of the two sides. When the mark is hit by a member of either side, on his representative shouting 'Run, man,' he runs up the lists. His object is to seize the mark before it is hit by any one belonging to the other side. If he can do this, his side takes all the arrows which have been shot, and are sticking in the stop-butt. If, on the other hand, the mark is hit by the other side before he reaches it, he may not seize the mark. A member of the other side runs up in his turn to seize the mark if possible before it is hit again by the first side. If he can do this, he takes out, not all the arrows, but only the two which are sticking in the mark. If, while number two is running, the mark is hit a third time, a member of the first side runs up, to seize the mark if possible. The rule is that one or three hits take all the arrows in the stop-butt, two or four only the arrows sticking in the mark. Great excitement is shown by all who take part in the game, which attracts a number of spectators. The game is played every fortnight by Nâyars, Tiyans, Mâppillas, and others. I am told that it is a very old one, and is dying out. I saw it at Naduvanûr."

The Ônam games in the south-east of Malabar, in the neighbourhood of Palghat, are said by Mr. Fawcett to be of a rough character, "the tenants of certain jenmis (landlords) turning out each under their own leader, and engaging in sham fights, in which there is much rough play. Here, too, is to be seen a kind of boxing, which

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526 would seem to be a relic of the days of the Roman
[184] pugiles using the cestus in combat. The position taken up by the combatants is much the same as that of the
[175] pugiles. The Romans were familiar with Malabar from about 30 B.C. to the decline of their power.* We may safely assume that the 3,000 lbs. of pepper, which Alaric demanded as part of the ransom of Rome when he besieged the city in the fifth century, came from Malabar." Swinging on the uzhinjal, and dancing to the accompaniment of merry songs, are said to be characteristic amusements of the womankind during Ōnam festival, and, on the Patinaram Makam, or sixteenth day after Thiruvonam. This amusement is indulged in by both sexes. It is noted by Mr. Fawcett that "the cloths given as Ōnam presents are yellow, or some part of them
[431] is yellow. There must be at least a yellow stripe or a
[194] small patch of yellow in a corner, which suggests a relic
[198] of sun-worship in a form more pronounced than that which obtains at present. It is a harvest festival, about the time when the first crop of paddy (rice) is harvested."

796 Concerning another important festival in Malabar, the Thiruvathira, Mr. T. K. Gopal Panikkar writes as follows.† "Thiruvathira is one of the three great national occasions of Malabar. It generally comes off in the Malayālam month of Dhanu (December or January) on the day called the Thiruvathira day. It is essentially a festival in which females are almost exclu-
[176] sively concerned, and lasts for but a single day. The
[173] popular conception of it is that it is in commemoration of the death of Kāmadēvan, the Cupid of our national mythology. As recorded in the old Purānas, Kāmadēvan

* See Thurston. Catalogde of Roman, etc., Coins, Madras Government Museum, 2nd ed., 1894.

† Malabar and its Folk, 1900.

796 themselves in the neatest and grandest possible attire. [302] They also darken the fringes of their eyelids with a sticky preparation of soot mixed up with a little oil or ghee, and sometimes with a superficial coating of [276] antimony powder. They also wear white, black, or red marks down the middle of their foreheads. They also chew betel, and thus redden their mouths and lips. [526] They then proceed to the enjoyment of another prominent item of pleasure, viz., swinging to and fro on what is usually known as an uzhinjal, or swing made [262] of bamboo. On the festival day, after the morning bath is over, they take a light meal, and in the noon the family dinner is voraciously attacked, the essential and almost universal ingredients being ordinary ripe plantain fruits, and a delicious preparation of arrowroot powder purified and mixed with jaggery (crude sugar) or sugar, and also cocoanut. Then, till evening, dancing and [593] merry-making are ceaselessly indulged in. The husband population are inexcusably required to be present in the wives' houses before evening, as they are bound to do on [586] the Ōnam and Vishu occasions. Failure to do this is looked upon as a step, or rather the first step, on the part of the defaulting husband towards a final separa- [132] tion or divorce from the wife. Despite the rigour of the bleak December season during which the festival commonly falls, heightened inevitably by the constant blowing of the cold east wind upon their moistened frames, these lusty maidens derive considerable pleasure from their early baths, and their frolics in the water. The biting cold of the season, which makes their persons shiver and quiver, becomes to them in the midst of all their ecstatic frolics an additional source of pleasure. The two items described above, viz., the swinging and beating of the water, have each their own distinctive

In some families, after
the meal is over, dancing and games of various kinds are carried on, which contribute to the enhancement of the pleasantries incidental to the festival. As on other prominent occasions, card-playing and other games are also resorted to."

On the subject of religion, Mr. Fawcett writes as follows. "No Nāyar, unless one utterly degraded by the exigencies of a Government office, would eat his food without having bathed and changed his cloth. It is a rule seldom broken that every Nāyar goes to the temple to pray at least once a day after having bathed; generally twice a day. The mere approach anywhere near his vicinity of a Cheruman, a Pulayan, or any inferior being, even a Tiyan, as he walks to his house from the temple, cleansed in body and mind, his marks newly set on his forehead with sandal-wood paste, is pollution, and he must turn and bathe again ere he can enter his house and eat. Buchanan tells us that in his time, about a century ago, the man of inferior caste thus approaching a Nāyar would be cut down instantly with a sword; there would be no words. Now that the people of India are inconvenienced with an Arms Act which inhibits sword play of this kind, and with a law system under which high and low are rated alike, the Nāyar has to content himself with an imperious grunt-like shout for the way to be cleared for him as he stalks on imperturbed. His arrogance is not diminished, but he cannot now show it in quite the same way.

"I will attempt a description of the ceremonial observed at the Pishāri kāvu—the Pishāri temple near Quilandy on the coast 15 miles north of Calicut, where Bhagavati is supposed in vague legend to have slain an Āsura or gigantic ogre, in commemoration of which

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they might become a prey to these ravenous demons. In short, the Bharani day inaugurates a reign of terror in the locality, lasting for these seven days. Afterwards, all the dirt is removed. The temple is cleansed and sanctified, and again left open to public worship. The pilgrims return, but not in the same manner in which they repaired thither. During the backward journey, no obscene songs or expressions are indulged in. They are to come back quietly and calmly, without any kind of demonstrations. They get back to their respective homes, and distribute the sandals and other pujah substances to their relations and friends who have elected to remain at home; and the year's pilgrimage is brought to a close."

"The month Karkkatakam," Mr. Fawcett writes, "when the Malayâlis say the body is cool, is the time when, according to custom, the Nâyar youths practice physical exercises. At Payôli in North Malabar, when I was there in 1895, the local instructor of athletics was a Paravan, a mason by caste. As he had the adjunct Kurup to his name, it took some time to discover the fact. Teachers of his ilk are invariably of the Paravan caste, and, when they are believed to be properly accomplished, they are given the honorific Kurup. So carefully are things regulated that no other person was permitted to teach athletics within the amsham (a local area, a small county), and his womenfolk had privileges, they only being the midwives who could attend on the Nâyar women of the amsham. His fee for a course of exercises for the month was ten rupees. He, and some of his pupils, gave an exhibition of their quality. Besides bodily contortions and somersaults, practiced in a long low-roofed shed having a sandy floor, there is play with the following instruments :—watta ; cheruvadi,

526 a short stick; and a stick like a quarter-staff called a sariravadi, or stick the length of one's body. The watta is held in the right hand as a dagger; it is used to stab or strike and, in some ingenious way, turn over an opponent. The total length of the watta is two feet, and of the cheruvadi about three feet. The latter is squared at the ends, and is but a short staff. It is held in the right hand a few inches from the end, and is used for striking and guarding only. The sariravadi is held at or near one end by one or by both hands. The distance between the hands is altered constantly, and so is the end of the stick, which is grasped now by one, now by another end by either hand, as occasion may require; sometimes it is grasped in the middle. The performance with these simple things was astonishing. I should say the watta and the cheruvadi represented swords, or rather that they were used for initiation or practice in swordmanship, when the Nâyars were the military element in Malabar. The opponents, who faced each other with the sariravadi or quarter-staff, stood thirty feet apart, and, as if under the same stimulus, each kicked one leg high in the air, gave several lively bounds in the air, held their staff horizontally in front with out-stretched arms, came down slowly on the haunches, placed the staff on the ground, bent over, and touched it with the forehead. With a sudden bound they were again on their feet, and, after some preliminary pirouetting, went for each other tooth and nail. The sword play, which one sees during festive ceremonies, such as a marriage or the like, is done by the hereditary retainers, who fight imaginary foes, and destroy and vanquish opponents with much contortion of body, and always indulge in much of this preliminary overture to their performance. There is always, by

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way of preliminary, a high kick in the air, followed by squatting on the haunches, bounding high, turning, twisting, pirouetting, and all the time swinging the sword unceasingly above, below, behind the back, under the arm or legs, in ever so many impossible ways. Nāyar shields are made of wood, covered with leather, usually coloured bright red. Within the boss are some hard seeds, or metal balls loose in a small space, so that there is a jingling sound like that of the small bells on the ankles of the dancer, when the shield is oscillated or shaken in the hand. The swords are those which were used ordinarily for fighting. There are also swords of many patterns for processional and other purposes, more or less ornamented about the handle, and half way up the blade."

"The Nāyars," Mr. N. Subramani Aiyar writes, "have a distinct feudal organisation, and the division of their territories had an unmistakeable reference to it. The territorial unit was the dēsam, presided over by a Dāsavazhi. A number of dēsams adjoining one another constituted a nādu, which was under the jurisdiction of a chieftain called the Nāduvazhi. Above the Nāduvazhis was the Rājah, the highest suzerain in the country. In course of time, each nādu split itself up into a certain number of taras, over the affairs of which a Karanavan, or elder, presided. An assembly of these Karanavans constituted the six hundred—an old socio-military organisation of the Nāyars in mediæval times. These six hundred are referred to in two places in the second Syrian Christian document, which bears the date 925 A.D. In a South Travancore inscription, dated 371 M.E., the same organisation is referred to as Venattarunuru, or the six hundred of Venad, and one of their duties evidently related to the supervision of the

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seems to have been reserved specially for them. It would be well worth the study of persons acquainted with other districts of the Presidency to ascertain whether somewhat similar functions to these (protection and supervision) did not originally appertain to the Kāvalgars of Tamil districts and the Kāpus in the Telugu country, for both of these words seem to have come from the same root as the Malayālam kānam. And it is significant that the Tamil word now used for proprietorship in the soil is kāni-yātchi, to which word the late Mr. F. W. Ellis in his paper on Mirasi Rights assigned a similar derivation." 631

The occupation of the Nāyars is described by Mr. N. Subramani Aiyar as "comprising all kinds of worldly pursuits. So late as the end of the eighteenth century, there were with the then Mahārāja of Travancore a hundred thousand soldiers, consisting of Nāyars and Chovas, armed with arrows, spears, swords and battle-axes. The chief occupation of the Nāyars is agriculture. Cultivation of a slipshod, time-honoured type is the forte of the Nāyar, for which he has always found time from times of old, though engaged in other occupations as well. In the Velakali, a kind of mock fight, which is one of the items of the utasom programme in every important temple in Malabar, the dress worn by the Nāyars is supposed to be their ancient military costume. Even now, among the Nāyars who form the Mahārāja's own Brigade, agriculture, to which they are enabled to attend during all their off-duty days, goes largely to supplement their monthly pay. Various other occupations, all equally necessary for society, have been, according to the Kēralavaḷasakrama, assigned to the Nāyars, and would seem to have determined their original sub-divisions. They are domestic servants in Brāhman 463 [701] [241] [526] [292] [241] [357]